

11 Great Ideas for Your Room  Puppy Stickers!

American

May/Jun
2018
UNION TOWNSHIP


GIRL

May/June 2018

FUN
Games
for your
Pet!

SKY HIGH
Meet a girl on
top of the
world

MAYA LOVED
SNUDDLING
WITH RIORDAN
AND SEUSS!
SOOOOOO
CUTE!



Yum!
Breakfast
BURRITOS



ADVERTISEMENT

Celebrate Summer

AT AG STORES WITH ...



A brunch with besties



*A cool & confident updo**



An entertaining event

Make it a summer to remember by joining us for exciting experiences, including the **Doll Hair Salon**, delicious dining, parties, and events.

To find more summer activities at the American Girl® store nearest you, visit **americangirl.com/stores**.

*Girl hair salon services only available in NY.

Must be at least 18 years of age to purchase online or by phone. Recommended for ages 8 and up.

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Follow Your Inner Star™

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Plus
ImPAWSibly cute
dog stickers!



May/June 2018

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**Winner of a
Parents' Choice
Recommended
Award,
2017**



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Recycle me or pass me on to a friend.

10% post-consumer waste

THE
BUZZ



CLIMB HIGH, FRIENDS!

One of my favorite parts of this issue is the story about Lucy on page 20. Lucy and her dad are traveling all over the United States, climbing to the highest point of each state. She's so inspiring because she's working hard to meet her goals! I hope you enjoy the story, too. Let me know what you think by writing to me at the address below.

Barbara

EXECUTIVE EDITOR

Write to Us!



BE SURE TO INCLUDE

- * First and last name
- * Address and phone number
- * Birth date, including year
- * School photo or other portrait
- * Parent's signature

SNAIL MAIL

Send us a cool envelope!
Print our address neatly on the front and your return address and the section of the magazine you're writing to on the back.



OR CONNECT WITH US ONLINE
PLAY.AMERICANGIRL.COM/PLAY/MAGAZINE



we can't print every letter, but we
read everything you send to us.
hope to hear from you soon!



ENVELOPE ART BY

Clara P.

Age 12, North Carolina



Safety first!

Some of our projects and activities require an adult's help.
When you see this symbol, be sure to ask an adult to work with you.

Girls EXPRESS

FOR & BY GIRLS!

Summer Sights

Create a one-of-a-kind bulletin board filled with sweet summer inspiration. There's no right or wrong way to make an inspiration board! Display things that make you happy and add memories from your summer as the sunny months sail by.

Things to pin:

AG magazine posters

summer goals (like finally organizing your closet!)

favorite quotes

family vacation photos or mementos

online photos (ask an adult for permission and help with printing)

pictures of you and your friends doing fun summer activities!

clippings from magazines or newspapers

KEEP IT FRESH! TAKE IMAGES DOWN AND TACK NEW ONES UP OVER THE SUMMER.

AG POLL



Answer these questions to see how your answers compare to those of other AG readers.



What's your favorite gemstone?

34% Diamond

29% Sapphire

21% Opal

16% Ruby



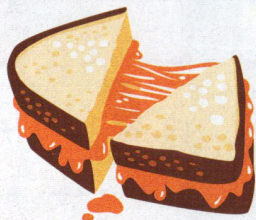
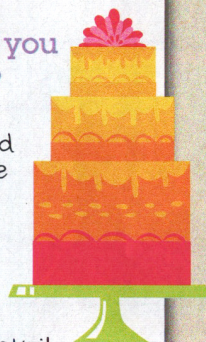
Which skill would you most like to learn?

43% How to bake and decorate a cake

23% How to code

17% How to build a robot

17% How to crochet or knit



What's your favorite sandwich?

53% Grilled cheese

21% Peanut butter and jelly

17% Ham and cheese

9% Egg salad

Meet a Reader's Pet

Gillian C. loves her turtles, Spot and Brownie.



Describe the day you got your pet.

It was so exciting! I couldn't believe they were the size of my palm.

Does your pet know any tricks?

Spot can climb vertically, up a rock that's bigger than she is! She doesn't even flip over.

How would you describe your turtles in three words?

Adorable, cunning, quiet

Tell us about your pet's favorite spot in your home:

Brownie loves to climb in dirty laundry. Spot loves to crawl under our dining room chair.

Describe a time your pet was really smart.

One time Brownie burrowed under a lavender bush. She had never even been taught how to burrow!

How do you show Brownie and Spot you love them?

I let Brownie crawl on my shirt. I also feed her apples. I let Spot eat cucumbers from my hands.

Gillian C.
Age 11, California

To find out how your pet can be featured, go to

americangirl.com/playmagazine

I love to snuggle with my pet turtles!



Spot and Brownie look like twins!





SHINING STAR

You can
Shine, too!

Want to help people in
your community, too?
Reach out to a homeless
shelter in your community
and see what items are
most needed. Start
collecting!

Khloe T. delivers "Kare
Bags" to women in need.

When 11-year-old Khloe realized that homeless women didn't have a lot of basic items they needed, she knew she had to get involved. "It all started with a woman I saw on my way to school," Khloe explains. "She was homeless, and I asked my mom how we could help her."

Around this time Khloe's grandma was teaching her how to make tote bags, and that's when Khloe got an idea. "I wanted to include toiletries (or bath items) in a tote bag and give them to women in need," Khloe says. She explained the idea to her parents and they said, "Let's make it happen." Khloe and her family and friends fill tote bags with deodorant, soap, toothbrushes, socks, washcloths, and other important items. They then distribute the bags to homeless women who live in their community.

Khloe's dad suggested they start with 25 bags, but they quickly made 30 bags and passed them out to women in need. Two years later, they've made over 1,000 tote bags! "Don't let your age stop you from making a difference," Khloe says. "It feels so great to help your community. It makes you feel so happy."



Here's Khloe with some of the
donations she's collected.



AGART GALLERY

Our readers love to
draw girls like you!

HELP US FILL
OUR GALLERY!

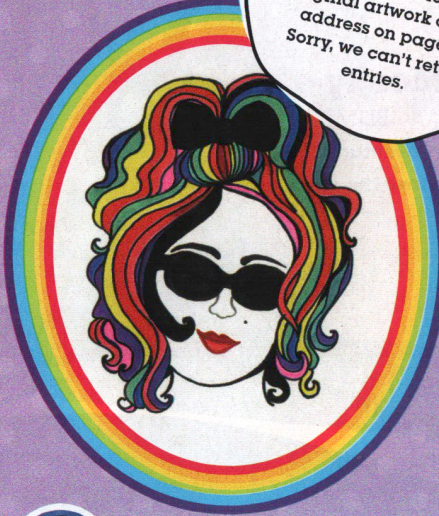
Send photos or color copies
of original artwork or to the
address on page 2.
Sorry, we can't return
entries.



Autumn B.
Age 10, Georgia



Livia M.
Age 10, Wisconsin



Eva N.
Age 14, New Hampshire

MINI Quiz

Which kind of balloon would you design?

1. Your favorite show is about . . .

- a. a girl traveling all over the world and trying new foods.
- b. a girl who discovers she has a superpower.
- c. two friends who love to prank each other.

2. Which birthday card would you buy?



3. At the beach, you'd be found . . .

- a. learning how to surf.
- b. searching for a shell with a hole so you can create a necklace.
- c. making your sister a mermaid tail out of sand.

4. How would you raise money for a good cause?

- a. Run a 5K race
- b. Have a craft sale
- c. Put on a variety show

5. Which flowers are your favorite?



Answers

Mostly a's

BLIMP

You're adventurous, positive, and love the outdoors.

Mostly c's

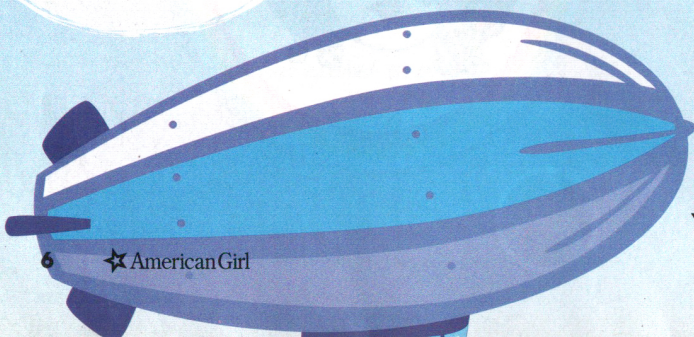
PARADE FLOAT

You're silly, quirky, and have a great sense of humor.

Mostly b's

HOT-AIR BALLOON

You're sweet, caring, and whimsical.

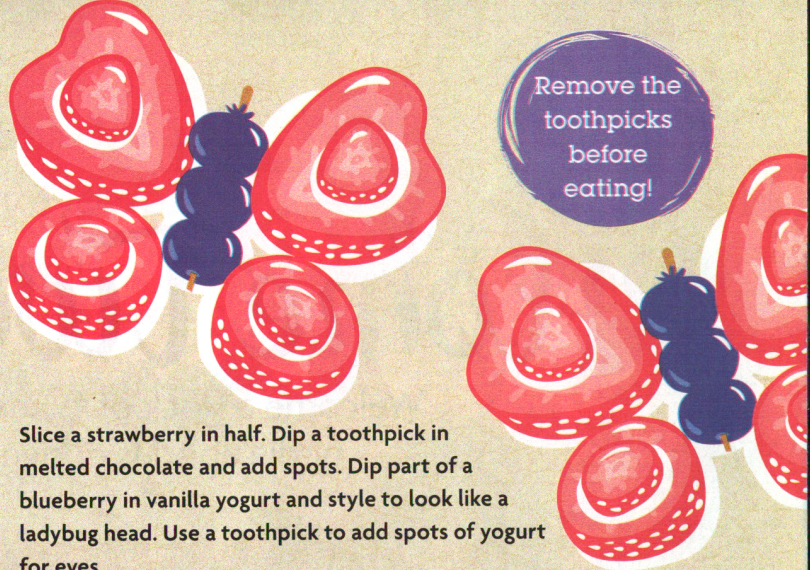
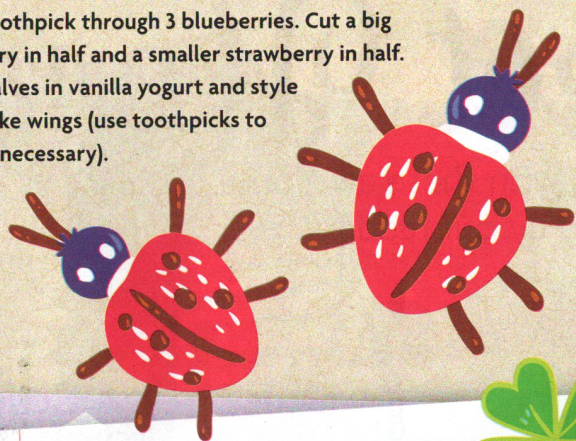


Fruit Flies

Create butterflies and ladybugs using fruit!

Push a toothpick through 3 blueberries. Cut a big strawberry in half and a smaller strawberry in half.

Dip all halves in vanilla yogurt and style to look like wings (use toothpicks to secure if necessary).



Slice a strawberry in half. Dip a toothpick in melted chocolate and add spots. Dip part of a blueberry in vanilla yogurt and style to look like a ladybug head. Use a toothpick to add spots of yogurt for eyes.

TRUE STORY

Dear American Girl,

Have you ever tried Irish dancing? It's an old style of dance passed down over generations. I do two different kinds: Sean-nós (SHAN-ohs) dancing is free-form dance. It's all about playing off the beat of traditional Irish music to express your true style. We stamp and kick and shuffle and slide and do heel toes to make music with our feet.

We also do step dancing in a group of four or eight dancers. In this kind of dance, we move together side by side in a pattern. We wave our hands over our heads and swing each other around and turn with the music.

Irish dancing is a big part of my life and something I can really be myself in. It's all about doing what you love to do. It's also given me wonderful opportunities. Last summer we traveled to Ennis, Ireland, for a big dance competition. The competition was for kids all the way up to 18 years old! It was really thrilling to be there, even though we didn't place in the competition. That didn't matter to me. The only reason I dance is for joy.

Madeline S.

Age 9, Washington, DC



Here I am practicing my group dance at home!

Home Tweet Home

Welcome a flock of friends with these awesome birdie abodes designed by our readers.



Bold & Bright



Ciara H.
Age 11, Oregon



Chickadee Café



Megan M.
Age 12, New York



Cherry on Top



Nyla P.
Age 10, Kentucky



Choir Practice



Arianna A.
Age 12, Colorado

Fantasy Flowers



Sydney G.

Age 13, North Carolina

Sweet Tweet



Natasha K.

Age 11, Washington



Feathery Fantasy



Zoey L.

Age 11, Wisconsin



New Contest: MARVELOUS MUG

A cup of hot cocoa
or cider with spice:
a big, steaming cup
makes afternoons nice!

Imagine its colors,
its shape, and its style,
and any neat details
that cause you to smile!

Your perfect mug—
what would it be?
Large and two-handed,
or dainty for tea?

You'll find our address
if you flip to page two,
with instructions for mailing
the picture you drew!

Postmark deadline: June 10, 2018. Winners will appear in
the November/December 2018 issue. Sorry—we can't
return entries. ★

Stargazer Loft

Sadie M.

Age 13, Arizona



HAPPY, HEALTHY YOU!

Readers wrote to tell us all about their healthy habits and goals. You go, girls!

Girls like you stay healthy by . . .

- * 29% keeping active.
- * 24% drinking plenty of water.
- * 17% eating healthy foods.
- * 14% getting plenty of sleep.
- * 9% talking about their feelings.
- * 7% taking care of their skin, hair, and nails.



Great Goals

The number one habit our readers would like to make: drink more water!

The number one habit our readers hope to break: biting or picking at their nails.

Our readers also want to aim for eating healthier foods and getting plenty of sleep.

Trusted Helpers

When they need to sort out their feelings, girls are most likely to turn to . . .

- * 36% parents or grandparents.
- * 26% friends.
- * 22% their journal.
- * 14% a trusted adult.
- * 2% an older sibling or cousin.



Coming Up: GO FOR IT!

Before the year ends . . .

1. Where would you like to go?

- a. A museum
- b. A state or national park
- c. A big sporting event
- d. A city or town festival
- e. A play or musical

2. What book would you like to read?

- a. A new one from a favorite author
- b. An old one you've never read
- c. One your mom or dad chooses
- d. One you choose at random
- e. One you already read and love

3. What's one new food you'd try?

- a. Stuffed squash blossoms—eating flowers!
- b. Tomato soup topped with homemade marshmallows
- c. Roasted chestnuts
- d. Chocolate-covered bacon

4. You'd love to . . .

Visit one of the Great Lakes

OR

Skate on a frozen pond

5. What unexpected kindness would you like to do before 2018 ends?

- a. Write a thank-you note to your school principal
- b. Do a favor for a neighbor
- c. Teach someone something you do well
- d. Give each member of your family a sincere compliment

Send your answers to the address on page 2, along with your first and last name, address, school or portrait-style photo, and birth date. Postmark deadline: June 10, 2018. Some answers will appear in the November/December 2018 issue. ★

Arts and Athletics

Our readers are most likely to stay active by dancing, playing a sport, or swimming.

Fabulous Fuel

Apples top the list of healthy favorites for our readers. In fact, 72% of girls like you reach for fruits and veggies when they need to refuel!

Other healthy favorites:

- * Strawberries
- * Cheese and nuts
- * Fruit and nuts
- * Pretzels and peanut butter
- * A glass of milk
- * Veggies and dip
- * Granola



According to Aggie™

Mind Manners

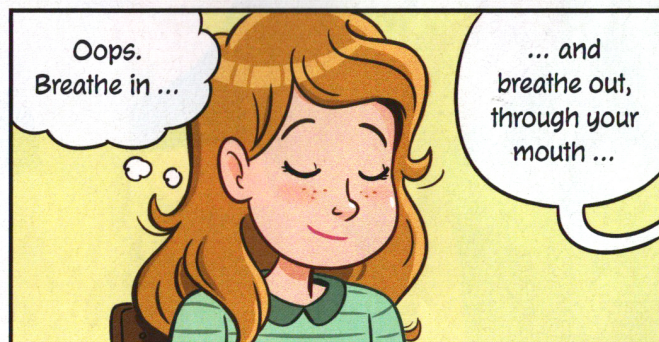
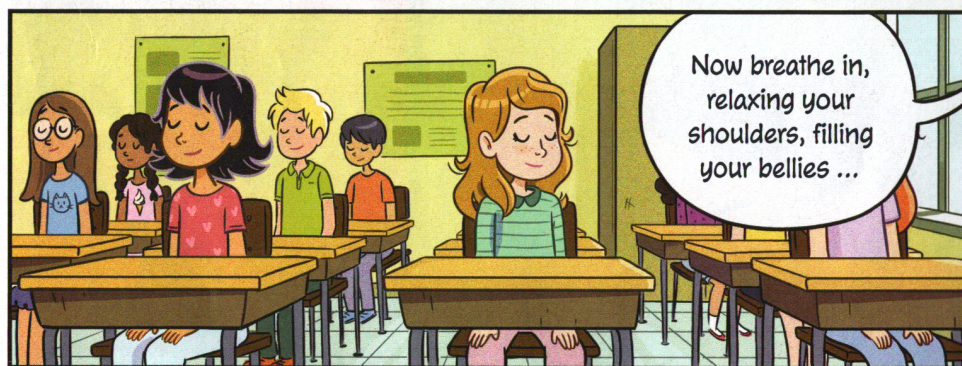
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Mary Richards Beaumont, Dan Nordskog
& Genevieve Kote

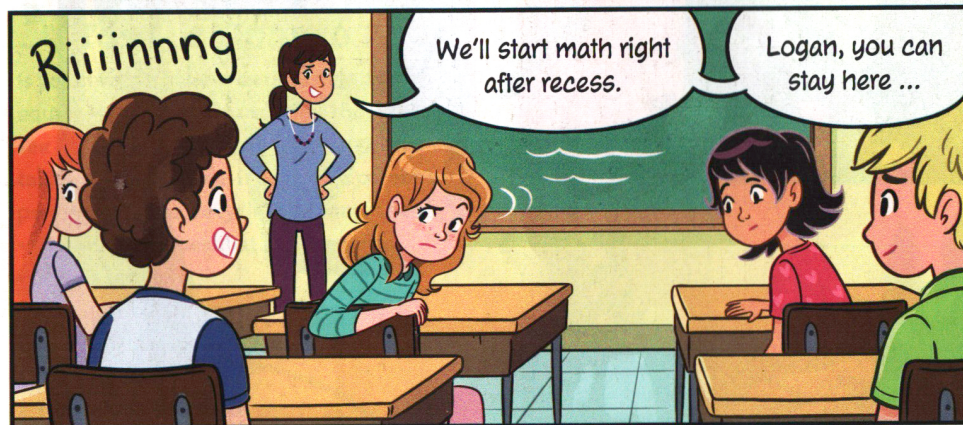
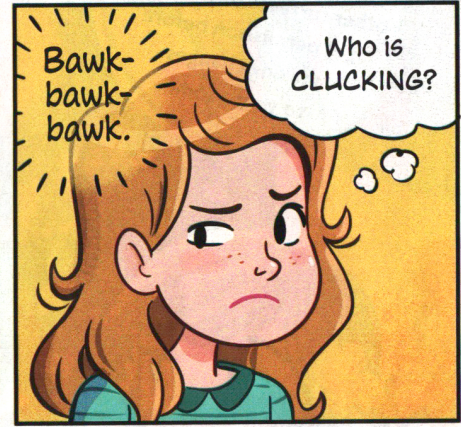
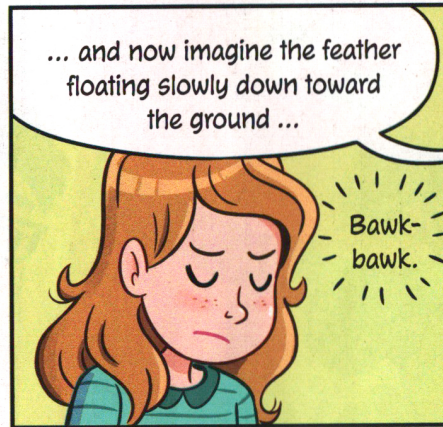
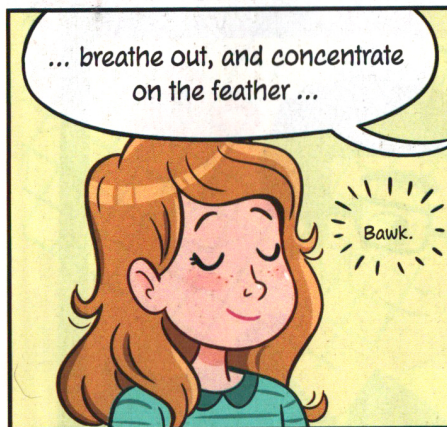
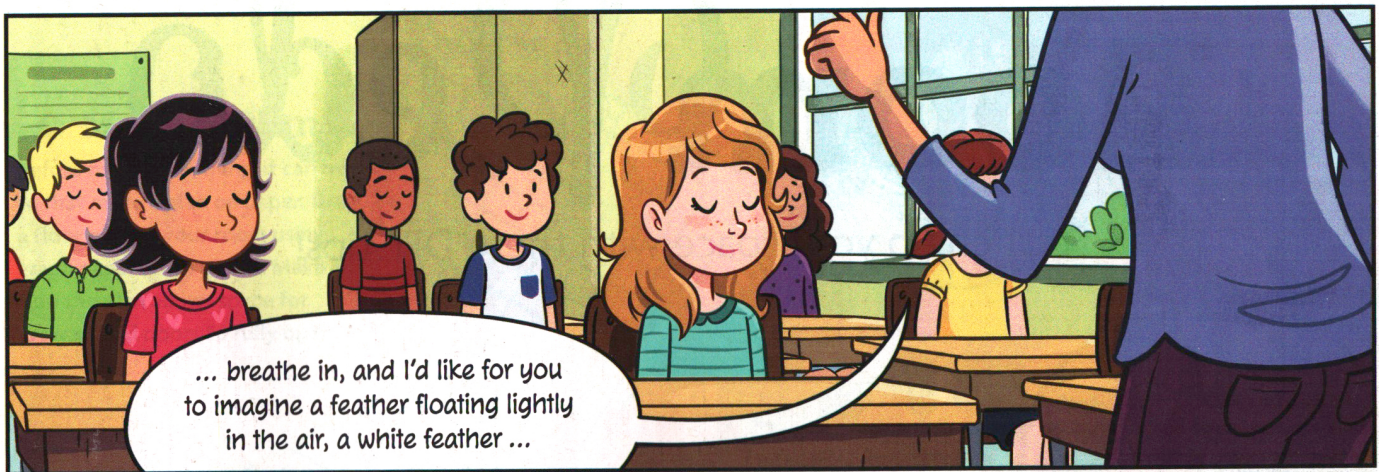
Studies have shown that focusing the mind through meditation can help kids feel less stressed and do better in school.

So today we're going to try it out!

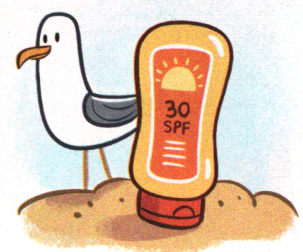
Shhhhh...

Meditation Minute





Don't miss my next misadventure:
SUNBLOCKED



Room Redo

Freshen up your space with these DIY tips!

Be sure to ask for an adult's help before attaching things to walls or other surfaces. Also, always get permission before making changes to your room.



1. Create Space

A different floor plan is a simple way to make a room feel new. Try a small change such as placing a desk in front of a window, or a bigger change such as rearranging all your furniture. Ask an adult to help you move furniture.

2. Make a Plan

Before moving anything, it can help to first make a plan on paper. Draw a floor plan of your room using graph paper and a pencil. Make sure the plan allows space for drawers and doors to fully open.



3. Toss or Donate

Is your room a little crowded? Less stuff equals more space. Search your room to see if you have any of the following items taking up extra space. If so (with a parent's permission), toss, recycle, or donate them.

- Clothes and shoes that no longer fit
- Broken jewelry
- Socks with no mates
- Dried-up markers or pens
- Extra clothes hangers
- Books you don't read
- Dried-up nail polish
- Old school papers



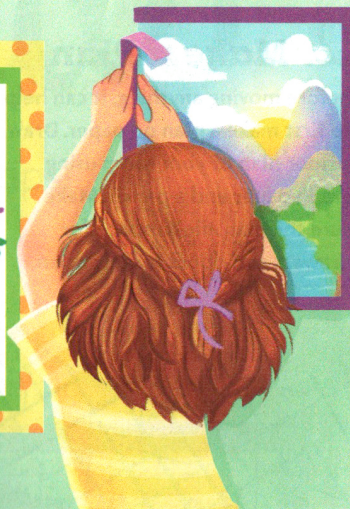
4. Add Color

Color goes a long way in adding personality to a room. If you're not allowed to paint the walls, there are still ways to bring in colors you like. Cover your walls with artwork or posters, change up a bedspread or curtains, or add some throw pillows in a new color. Here are some color combos you can try.



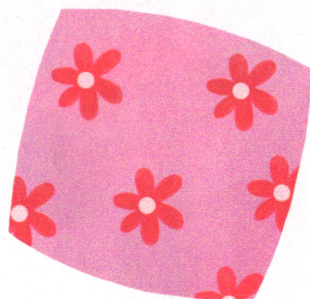
5. Add Artwork

Give pretty pages a second look. Reuse magazine pages and wall calendar images as artwork. Attach them to a wall with poster putty. Then use washi tape to make decorative frames around each picture. (Test the poster putty and tape first to make sure they don't remove paint or leave marks.)

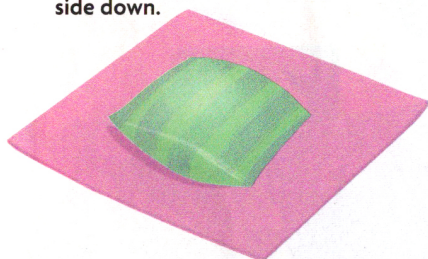


6. Recover a Pillow

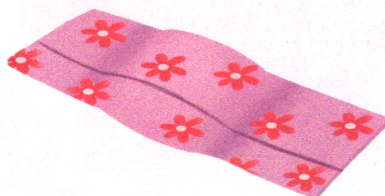
Give new life to an old throw pillow. For this project, you'll need a square pillow and a square of fabric. You could reuse a bedsheet, try tulle fabric, or even reuse a tablecloth. (We used a 12-inch square pillow and a 32-inch square of fabric.)



1. Place the pillow in the middle of the fabric. The fabric should be pattern-side down.



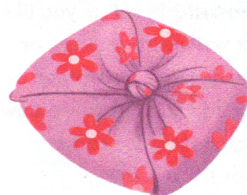
2. Fold up the bottom edge of the fabric to cover half the pillow. Fold down the top edge so it overlaps a little.



3. Fold the two sides of the fabric into points.



4. Bring the points to the center of the pillow, and tie them in a knot. Tuck the ends of the knot underneath so they're hidden.



7. Decorate a Door

Dress up your bedroom or closet door. Use washi tape to add letters, stripes, or other designs to a door. (Be sure to ask a parent's permission first.)



8. Change Lights

Lighting might be something you take for granted, but little changes can make a big difference. Instead of using one overhead light, try using other small light sources. A couple of tabletop lamps or a string of twinkle lights can create a cozy mood. A lamp on a desk or in a reading corner can make each spot a nicer place to be.



9. Use a Mirror

Mirrors can make a room look larger. And because they reflect light, they can also brighten up a room. For extra flair, use nontoxic window markers to add doodles or decorations to a mirror.

10. Swap with a Sibling

See if a sibling is willing to trade decorations, such as a lamp, poster, rug, or photo frame. Agree to return the items to each other after a set period of time.



11. Shop the Storage

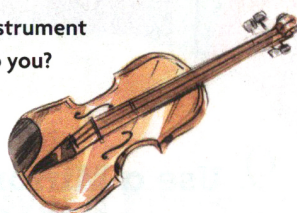
Ask your parents if there are any items in storage or elsewhere in the house that you can use as room decor. ★

GREEN THUMB

Which garden would you plant?

1. Which instrument speaks to you?

- a. Drums
- b. Piano
- c. Fiddle
- d. Harp



2. Which of these activities would you like to do with your friends in your backyard?

- a. Make a giant obstacle course and compete for a trophy
- b. Have a picnic under your favorite tree
- c. Put on a play for your neighbors
- d. Have a quiet night camping in a tent



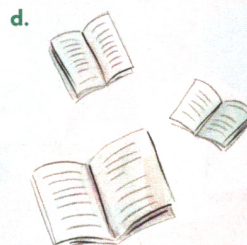
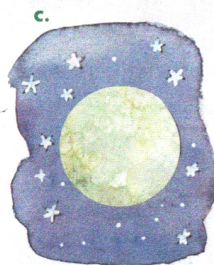
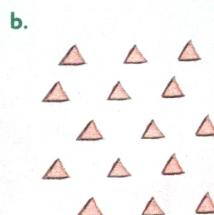
3. How would you describe your bedroom?

- a. **COLORFUL AND FUN**
- b. **ORGANIZED AND COMFY**
- c. *Dreamy and cute*
- d. *Quiet and cozy*

4. Which afternoon sounds the most fun to you?

- a. A friend's birthday party at a trampoline park
- b. Going to your weekly voice lesson
- c. Baking cupcakes with your family
- d. Snuggling up and reading the newest book from your favorite series

5. Which wall decal would you display in your bedroom?



6. Which of these items would you sell at a craft fair?

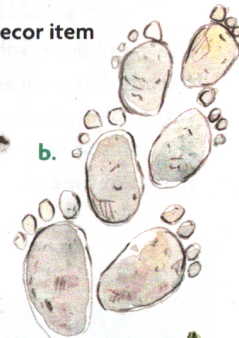
- a. Bright, abstract art canvases
- b. Handmade greeting cards
- c. Tiny fairy houses
- d. Stamped tea towels



7. Which item might be found in your bag?

- a. A funny animal figurine you thought you lost
- b. A detailed, color-coded calendar
- c. A beautiful hair clip from your grandma
- d. A notepad you doodle in when you're bored

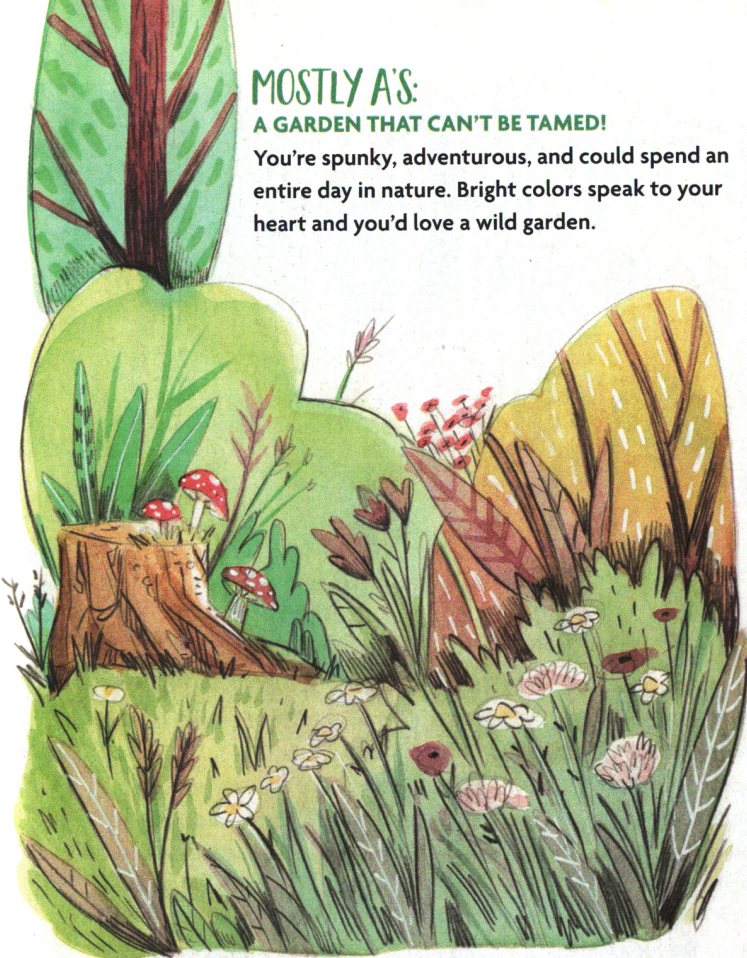
8. Which outdoor decor item do you like best?



MOSTLY A'S:

A GARDEN THAT CAN'T BE TAMED!

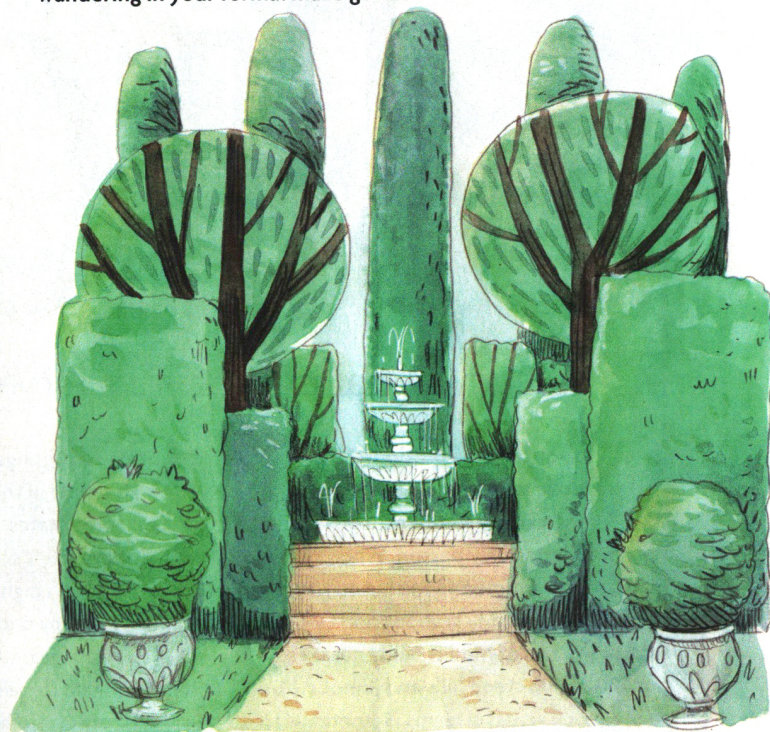
You're spunky, adventurous, and could spend an entire day in nature. Bright colors speak to your heart and you'd love a wild garden.



MOSTLY B'S:

A MAZE GARDEN FIT FOR A QUEEN!

You're practical, sweet, and extremely organized. You like to make plans and stick to them! You would have so much fun wandering in your formal maze garden.



MOSTLY C'S:

A GARDEN OF DREAMS!

Beautiful things make you happy and you have a whimsical, kind personality. You are a dreamer. You'd spend hours in a lovely cottage flower garden.



MOSTLY D'S:

BRING ON THE COZY GREENS!

Home is where the heart is. You're happiest snuggled up in your favorite nook with a book. You're a little shy and like to immerse yourself in the worlds in your favorite books. You'd enjoy every minute in your greenhouse garden.



REACHING NEW HEIGHTS

Lucy's goal is to climb every state's high point with her dad.

Do you love the outdoors? I do. I love to hike and run and kayak and climb mountains. You could say I'm an outdoorsy person. When I was little I spent summers in Michigan, where my grandpa lives. My grandpa and I would race to the top of Mount Baldy near his house. I ran up steep hills and jumped from rock to rock across streams. Sometimes I got covered in pine tree sap, but I loved getting to the top. From up there, you could see for miles. We would look out over the little town where we had started and the green forest below and the glistening lake.

When I was seven, my family visited Kentucky. We drove up to the top of Black Mountain, which is the highest point in the state. It was pretty cool to be at the top.

IN 2016, I EARNED THE WORLD RECORD FOR BEING THE YOUNGEST FEMALE TO CLIMB ALL THE HIGH POINTS IN THE LOWER FORTY-EIGHT STATES!

We researched other high points (most you have to hike or climb to) and discovered a highpointers club for people trying to summit the high points in all fifty states.

Highpointing became a family thing. The next summer, my brother, my mom, my dad, and I took a road trip out west and mapped out high points along the way. My dad and I summited seven high points in states from Iowa and Nebraska to North Dakota. In 2016, I earned the world record

for being the youngest female to climb all the high points in the lower forty-eight states! Some states, like Illinois, are pretty flat. Others, like Colorado and California, have really high high points.

Last year my dad and I set out to complete our fiftieth high point and the hardest of all: Denali. It can take weeks to climb because you have to hike for a while and then backtrack so your body can adjust to the altitude and so you can get all your heavy gear up the mountain. Denali is in Alaska and is the highest mountain peak in all of North America. It stands more than 20,000 feet tall. I had no idea those twenty days would be some of the hardest of my life. But sometimes hard days turn out to be the best. We went with a small group,

including three guides (one had the nickname "Wolf"). Even in June, the mountain was covered in snow.

The first day, we took a small airplane from a little mountain village to a base camp on a glacier. We camped, then hiked ten miles and back, pulling our gear up the mountain on sleds and in backpacks. We slept in tents snuggled into warm sleeping bags. Two days later, we made it to the second camp, which was on a windy, icy

ledge about halfway up the mountain. Our guides watched for dangerous avalanches.

We rested for a day. Then, the next morning after breakfast, we dressed in our layered clothes and jackets and insulated hiking boots and climbed up the mountain to our third camp. The trail was too steep to pull the sleds. We had to carry everything in our backpacks.

By the time we reached the third camp at 14,200 feet, the weather was bad. We were stuck for six days. I tried to rest. I played cards, drew in my notebook, and drank a lot of hot chocolate. When the weather cleared, we got back on the trail. It was tough going. We hiked straight up for hours in the snow, guided by ropes.

It was super hard, but it was also one of my favorite parts of the trip. I loved the adrenaline rush and those moments when I stepped over a huge, scary crack in the ice or climbed over a twenty-foot wall of snow. Climbers are crazy like that. If I got scared, I just focused on putting one foot in front of the other. You climb for those moments when you see how far you can push yourself.



Here I am climbing
Denali in Alaska—that's one
of our hiking team members
in the reflection of
my glasses!

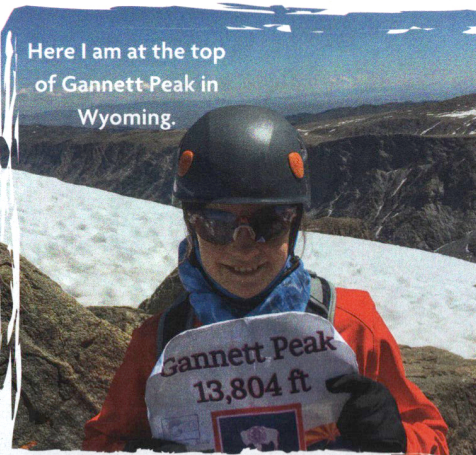
By this point we had climbed more than 14,000 feet. The high altitude made the climbing more difficult. I got tired more easily. But the scenery and the snowy peaks were beautiful.

When we made it to the high camp, the plan was for us to summit, or reach the high point, the next day. I was excited. We had climbed for eighteen days and more than 17,000 feet up the mountain. But that night the weather got bad: dangerous high winds and extreme temperatures (it was twenty below zero, with a windchill that made it feel like minus forty-five!). We prepared our stuff for the next day and went to bed, hoping for the best.

IT TAKES A LOT OF GRIT AND DETERMINATION TO GET TO THE TOP OF A MOUNTAIN.

The next morning we had bad news: the weather conditions had not improved enough for us to make the summit. We couldn't wait because we had limited supplies and our bodies couldn't be in the cold for much longer. Now we had to focus on getting down safely.

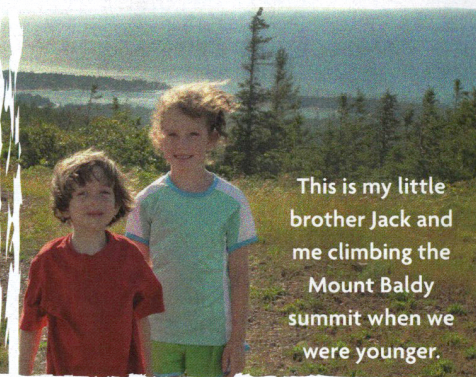
I was disappointed. It takes a lot of grit and determination to get to the top of a mountain. Grit is like when you've set a goal and you're struggling and want to give up but you keep going anyway. That's what it was like to spend eighteen days climbing Denali. But even though we didn't make it to the very top, it was an amazing feeling to look down and see how far we did make it. That's also kind of how it feels thinking back on reaching forty-nine out of the fifty high points in the United States. It's hard to believe we've done all that. Our trip helped raise more than \$20,000 for programs that help kids participate in cool outdoor activities. Now I'm training for my next triathlon. Even though we didn't get to the top of Denali, we accomplished a lot. I know my dad and I will try again. Maybe next year or the year after that. The mountain will be waiting for us.



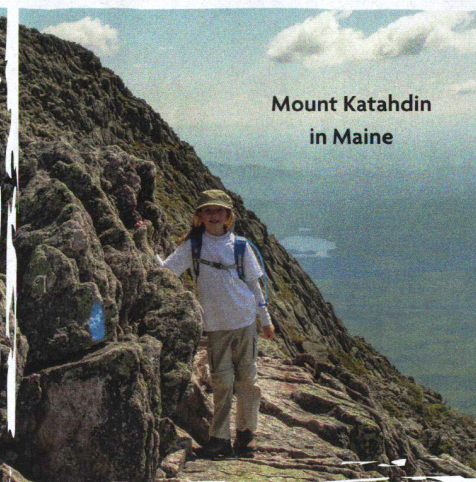
Here I am at the top of Gannett Peak in Wyoming.



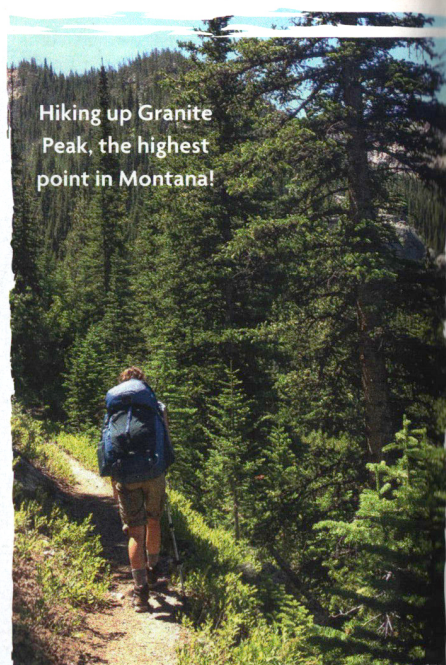
Here I am at Spruce Knob—the high point in West Virginia!



This is my little brother Jack and me climbing the Mount Baldy summit when we were younger.



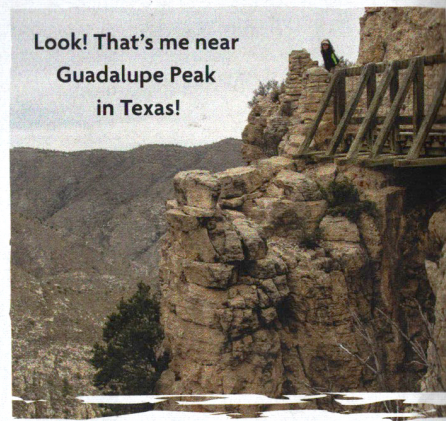
Mount Katahdin in Maine



Hiking up Granite Peak, the highest point in Montana!



Here I am at Eagle Mountain summit, the highest natural point in Minnesota!



Look! That's me near Guadalupe Peak in Texas!

A DAY ON DENALI

On a mountain like Denali that has such unpredictable weather, each day is different. Here's how it might go on a big day of moving camp and climbing:

5:00 a.m. Wake up and pack up

5:25 a.m. Check the weather report

5:30 a.m. Breakfast (instant oatmeal or bacon and bagels if we're lucky!); then we clean our eating gear

6:00 a.m. Break down the tents, put on climbing gear, pack sleds, and prepare the ropes

7:00 a.m. Start climbing

Noon Lunch break

2:00 p.m. Arrive at new camp and dig out places for the tents and a bathroom spot; then build a wall of snow around the camp to block wind

Once all the work is done, we have dinner and discuss the next day's plan. Then we go to bed. What's weird is that, in the summer on Denali, it never really gets dark, even in the middle of the night.



HIGH-POINT ADVENTURES

Even before Denali, we had many highpointing adventures.

MY FAVORITE

Granite Peak in Montana, summer 2016, 12,808 feet

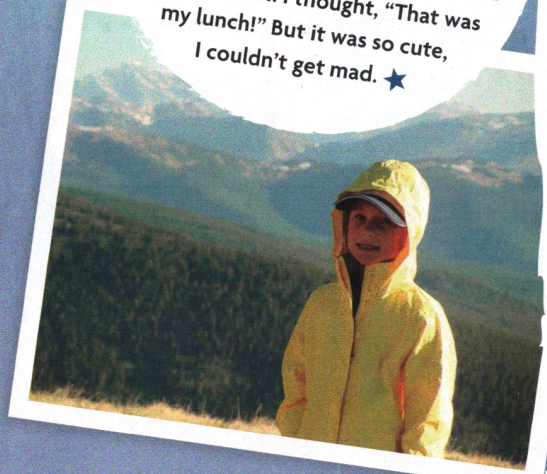
We started in a forest that looked a lot like Michigan, so it reminded me of Mount Baldy. At the higher elevations, it was all rocks, and we saw baby mountain goats in the snow.



THE FUNNIEST

Mount Elbert in Colorado, summer 2012, 14,439 feet

When we sat down to eat lunch, a marmot (I had never seen one before; it's a large squirrel that looks like a big groundhog) grabbed my sandwich and ran off with it. I thought, "That was my lunch!" But it was so cute, I couldn't get mad. ★



THE PRETTIEST

Mount Whitney in California, summer 2014, 14,505 feet

This was my first one with a great view. It was really shocking how snowy it was up there. We could see all the way to the Pacific Ocean.



TAIL-WAGGIN' TRICKS



Ask a parent's permission before trying any of these games with your dog.

Try these fun games with your furry friend!

Cool Cups

Turn three plastic cups upside down. Tell your dog to sit, and show him or her a treat in your hand. Place the treat under one of the cups, and move the cups around to mix them up. See if your dog can figure out which cup the treat is in.



Hide and Seek

Ask a parent to hold your dog's collar. Show your dog that you have a treat, and then go into another room. Find a good hiding place, and call out "Come!" Have your parent let go of your dog's collar. If your dog can find you, hand over the treat!



Treat Toss

Is your dog good at catching? If so, give this game a try. Ask your dog to sit, and show your dog that you have a handful of treats. Take one step back, and lightly toss a treat to your dog. If your dog catches it, take another step back and toss a second treat. Continue doing this until your dog misses. See how far you can get as a team!



Hand It Over

Show your pup that you have a treat, and ask your dog to sit. Put your hands behind your back, and put the treat in one closed fist. Hold your closed fists out in front of your dog's nose, and see if he or she can sniff out the treat!



Red Light, Green Light

Does your dog know how to “stay” and “come”? If so, your dog can play Red Light, Green Light. Ask your dog to sit, and say “Stay.” Take 10 to 15 steps back, and say “Come.” When your dog starts to walk toward you, say “Stay!” See if you can get your dog to stop and come the whole way to you.



Tip: Use low-fat, natural treats while playing these games so you don't give your pup a tummy ache! ★

Challenge Course

Bring out your inner warrior! Design a just-for-fun course that tests all your skills.

Set up stations with the equipment you need at each one. To mark the end of the course, cut out a red circle from construction paper, and tape it to a wall or tree—that's your finish-line buzzer. When you're ready, turn on some music, and you're off!

WOOO!
HOOD!

Station 8

Touch the finish-line buzzer—and do a celebration dance!

START Station 1

Jump rope 10 times.

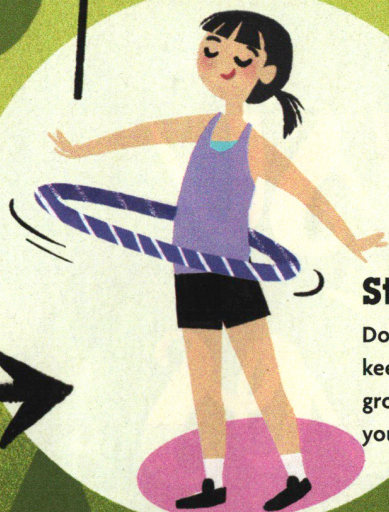
Station 6

Bounce a tennis ball. Holding a tennis racket with your elbow bent, bounce the ball straight up 10 times. Don't let it hit the ground!

Station 7

Go across monkey bars if you have them. If you don't, jump rope 10 more times.

2

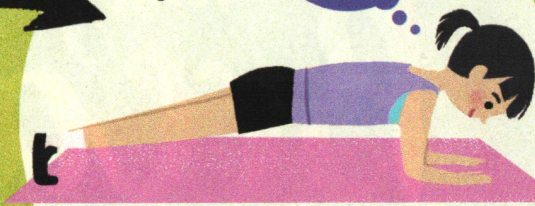


Station 2

Do 10 rotations with a toy hoop. Try to keep the hoop going, but if it falls to the ground, just pick it up and keep at it until you've tallied 10 twirls.

3

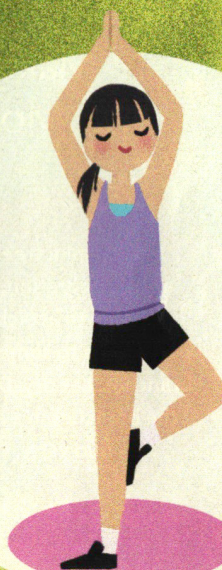
ONE, TWO, THREE...



Station 3

Hold plank for 10 seconds.

4



Station 4

Balance in tree pose for 5 slow, deep breaths.

Track It

Have someone time you as you make your way through the course, and keep track of your personal best.

5

GROWL

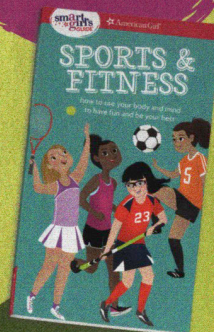


Station 5

Bear-crawl for 10 steps.

When you bear-crawl, your knees don't touch the ground. Start in plank position, and turn on those core muscles. Stay on your hands and the balls of your feet, bringing each knee up toward each elbow. Try to keep your butt down and your bear tail from wagging side to side.

More fun challenges can be found in *Smart Girl's Guide: Sports & Fitness*. ★



Tasty Breakfast Burritos

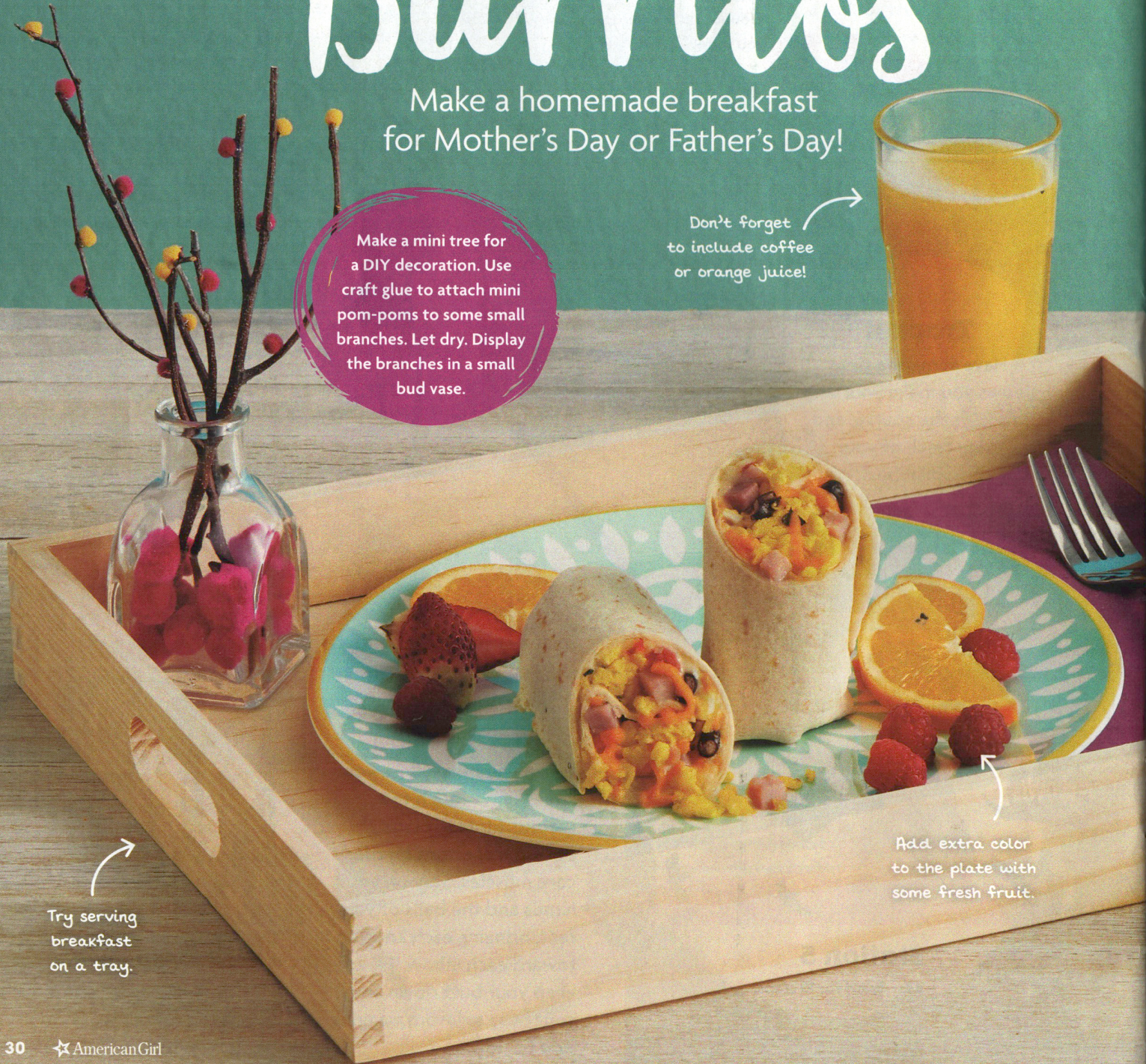
Make a homemade breakfast
for Mother's Day or Father's Day!

Make a mini tree for
a DIY decoration. Use
craft glue to attach mini
pom-poms to some small
branches. Let dry. Display
the branches in a small
bud vase.

Don't forget
to include coffee
or orange juice!

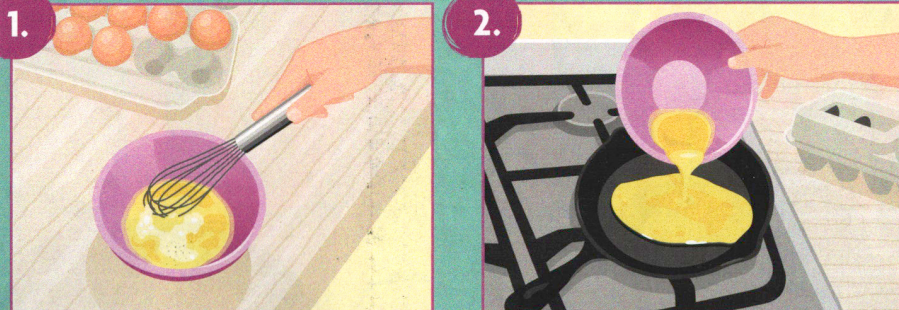
Try serving
breakfast
on a tray.

Add extra color
to the plate with
some fresh fruit.

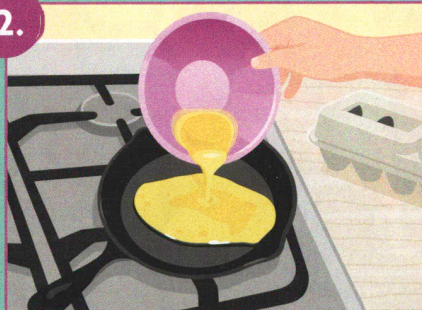


Start with eggs!

Make some simple scrambled eggs to use as burrito filling.



1. Crack 2 large eggs into a small mixing bowl. Add 2 teaspoons milk and a pinch of salt and pepper. Whisk the eggs until blended.



2. Place a medium-sized skillet on the stove. Put $\frac{1}{2}$ tablespoon butter in the skillet, and turn the burner to medium-low heat. Once the butter melts, slowly add the eggs.



3. Occasionally stir the eggs while they cook. As soon as the eggs are solid and there is no liquid left, turn off the heat. Spoon the warm eggs onto a tortilla.

Ask an adult to help with the stove.

While the eggs are still hot, place toppings on the eggs and wrap up the burrito. If you're making this for your mom or dad, ask them for their order. Here are some toppings to try.

Black beans

Cheese

Avocado

Ham

Tomatoes

Chicken eggs can be white, brown, blue, green, and pink! The color of an egg is based on the breed of the chicken that laid it. ★

MIX-IT-UP



Can you guys come over on Saturday?" I asked my best friends, Noelle and Zoe. We had just arrived at school and kids were jostling us on all sides, the hallway loud and cheery. In other words, it was a typical morning at Oak Valley Middle School.

Zoe shook her head. "Sorry, Clara, but I have to prepare for debate," she said. "We're facing Eastern Middle next week, and they're tough."

I looked at Noelle, who wrinkled her nose and said, "I have dance all afternoon on Saturday, which means I need to spend the morning on homework."

"Homework on Saturday morning?" Zoe asked in mock horror. "That's no fair. You should get till Sunday night. I think that's even in the Bill of Rights."

Both Noelle and I snickered.

"I signed away my rights when I was bargaining with my parents about doing the extra ballet and jazz rehearsals on Saturday to get ready for the recital," Noelle said. "They only agreed if I promised I'd have all my homework done beforehand."

"What a drag," Zoe said, sympathetically patting Noelle's arm.

FRIENDS

by Daphne Benedis-Grab

Is it possible to make new friends—and keep the old?



We arrived at our locker alcove and separated to get our stuff for our first class. I hung up my jacket and began unpacking my bag. I felt bad for Noelle, but I also felt bad for me. The three of us had been best friends since kindergarten, when we'd discovered a shared passion for glitter and the color pink. A lot had changed since then but our closeness had not. We spent almost every weekend together, went to each other's houses nearly every day after school, and even went to the same sleepaway camp. But now, the spring of sixth grade, things were changing. I was proud that Zoe had made the debate team and that

Noelle was an awesome dancer. And I totally supported them both. It was just a little tough that their interests meant less time for the three of us to be together. That was why I had been careful not to sign away my time—one of us had to be free or we'd never see each other! Well, except for lunch, which I looked forward to every day. Sure, it was too short, but at least it was some daily time with my besties.

The warning bell rang, and we joined the throng of students heading to class. There were only two sixth-grade classes, and luckily all three of us had been placed in the same class.

"Oh, I have to tell you guys about the new book I got," Zoe said. But just then our homeroom teacher, Mr. de la Cruz, waved us in.

"I'll tell you at lunch," Zoe whispered as we went to our seats.

"Happy Friday, everyone," Mr. de la Cruz said after he'd taken attendance. I was doodling on my notebook and only half listening—I was curious about the book Zoe mentioned since she always found ones we all loved. "Before we get started, I have an exciting announcement. Beginning on Monday, the entire sixth grade will be participating in Mix-It-Up Lunches."

I gripped my pen in my hand. Now my teacher had my full attention because I did not like the sound of this at all.

"It's a wonderful opportunity for you to get to know classmates and widen your social circle,"

I had! And I loved having lunch with them—it was our only guaranteed time together. But now we were losing that, too.

I blinked back tears as Mr. de la Cruz cheerfully announced the groups. I barely knew any of the kids I was with, not that it mattered. There was no one I wanted to sit with—no one but Zoe and Noelle. But now we'd be separated for an entire week.

It just wasn't fair.

OK, is everybody ready for our first question?" Otto asked at lunch on Monday. He was holding the question list Mr. de la Cruz had passed out for the Mix-It-Up Lunches. I was with my group at a table by a window on the back wall. I couldn't help glancing to the table right in the

THERE WAS NO ONE I WANTED TO SIT WITH—NO ONE BUT ZOE AND NOELLE. BUT NOW WE'D BE SEPARATED FOR AN ENTIRE WEEK.

Mr. de la Cruz went on. "All of next week, instead of sitting at the tables where you've sat with the same people all year, you'll be assigned a lunch group. You'll have a list of get-to-know-you questions, and the other teachers and I are confident that by the end of the week you'll have new friends and know more people. And that's what you want next year in seventh grade, when you start switching classes—more familiar, friendly faces." He smiled, sure we'd be as excited as he was.

But he was wrong—I was anything but excited. Why would I need new friends? I loved the ones

middle of the room, where I should have been sitting with Zoe and Noelle.

"Ready," Hema said. Both Hema and Otto were in my class, but we'd never really talked before. Lia and Jon, the other two members of my group, were in the other class, and Lia was new this year.

"If you could meet any historical figure for dinner, who would it be?" Otto read.

Jon rolled his eyes. "Typical school question."

"At least we don't have to write a report about it," Hema said.

The four of them laughed at that. I was too busy



looking across the cafeteria to where Zoe was sitting and chatting with her group. Noelle was at the next table and she was smiling. They didn't seem as upset as I was that we weren't together.

"Clara?" Hema asked.

I turned back to the group. "Sorry, what?"

"What historical figure would you want to meet?" Jon repeated.

"Oh, um, maybe Harriet Tubman," I said, naming the first one I could think of that I actually would want to meet.

"Good one," Lia said, nodding her approval. She smiled at me. I smiled back and then glanced around quickly to see what my friends were doing.

"OK, next question," Jon said a minute later.

"What clubs and groups do you belong to?" He was eating fries and popped one in his mouth.

"The end-of-year musical," Hema said. "Tryouts are this week."

"Oh, I'm auditioning too!" Lia exclaimed.

"I'm going to work on set design for the show,"

Otto said.

"Hey, me too," Jon said excitedly. "Ms. Dunbar said the set is going to be amazing."

"Of course it will—it's all candy," Hema said, and again the four of them laughed.

But I was confused. "Why is it all candy?"

Lia gave me a strange look. "The musical is *Charlie and the Chocolate Factory*," she said slowly.

Jon narrowed his eyes at me. "Have you been out for the past two weeks? Because the signs are up everywhere."

"I guess I've just been distracted," I said. I never bothered looking at fliers about activities since I was keeping my time free for my friends.

"What activities do you do?" Jon asked me.

"Not that much," I said. "I'm kind of busy with friends and homework."

"You should try out for the musical then," Hema said. "It's going to be so much fun."

Charlie and the Chocolate Factory was one of my favorite books. And performing it onstage did

sound fun. But I still shook my head—if I had to attend rehearsals I'd never see my friends. And that wasn't worth it.

I missed you guys at lunch," I said to Zoe and Noelle after the final bell rang.

"This new lunch program is such a drag."

"Yeah, I guess," Zoe said as we walked out of the classroom into the crowded hallway. "But it was fun, too. I ended up with some of the kids from debate, and we decided to start holding extra sessions so we can maybe place in the all-county tournament next month."

"Cool," Noelle said, sidestepping two eighth-graders who had stopped to look at their phones. "I liked my table, too. I was next to Dani and it turns out she's also a dancer. We're going to meet on Sunday and practice together."

"Oh, awesome," Zoe said as we reached our locker alcove.

I didn't think it was awesome at all. With Zoe meeting her debate friends more and Noelle dancing with Dani, we'd never see each other!

"How was your lunch?" Noelle asked a few minutes later as we headed out the big front doors of the school.

Zoe had already left for debate.

"OK, I guess," I said. "I—"

"Oh, sorry, there's my mom," Noelle said, catching sight of her mom's red car at the curb. "She's taking me to dance today. See you tomorrow!"

Except she wouldn't see me, not really. We'd have three seconds to talk during the day, and then Noelle had another dance class, and Wednesday was Zoe's debate. The way things were going, we'd never see each other. And seventh grade would probably be worse.

But as I plodded to my bus, I realized it didn't have to be this way. There were some times we were all free, and I just had to take advantage of one of them. I thought about it during the bus ride,



and as soon as I got off, I raced home.

"Dad!" I called as I burst in the front door. My dad was a graphic designer who worked from home so he could be around for my younger brother Adam and me.

"Hey, Clara," my dad said, coming out of his office. "Where's the fire?"

"I was hoping it could be in the grill," I said, grinning. "On Thursday night. I haven't been able to see Noelle and Zoe that much, so I wanted to do a special dinner and roast marshmallows in the backyard for s'mores."

It was the perfect plan because they were both free on Thursdays after homework, and s'mores were our very favorite dessert.

"On a school night?" Dad asked, raising a brow.

"We'd be done by eight," I promised. "Please, just this once."

Dad nodded. "If it's OK with their parents, it's OK with me. Just make sure you get your homework done before they arrive."

"Thanks, Dad," I said, hugging him.

I ran upstairs to text my friends. This was exactly what we needed to get back on track: some special time for just the three of us.

Did you guys hear that Ms. Dunbar got a grant for costumes for the musical?" Lia asked as we sat down at our lunch table on Wednesday. "They're going to look professional."

"That's so cool!" Hema squealed. She looked at me. "Clara, you should try out."

I couldn't help considering it—professional costumes would be fun. And yesterday the four of them had talked nonstop about the musical—the amazing set, the songs, the fact that everyone who

tried out would be guaranteed a part, even if it meant a whole lot of Oompa Loompas. It sounded like a blast.

"I'm not sure," I said slowly, poking at my ravioli with my fork.

"Oh, Clara, you really should," Lia chimed in.

"Seriously, I don't know why anyone wouldn't want to at least go to tryouts," Otto said. His mouth was full of potato chips, but he was still convincing.

"I guess maybe I could just go and see," I said.

"Awesome!" Lia said happily. "The three of us can sit together."

I felt a fizzy happiness at the thought of being there together and being part of something big and fun.

"And cheer for each other," Hema said. "I'm going to be so nervous. I'm going to have trouble concentrating all day tomorrow."

"Wait," I said, dropping my fork. "The tryouts are tomorrow? Thursday?"

"Yeah," Jon said. "All afternoon."

I slumped down, remembering my promise to my dad about getting my homework done before the special dinner. "I can't go then," I said. "I have plans tomorrow."

Hema looked at me in surprise. "What's more important than this?"

"Dinner with my friends," I explained. "We never get to see each other anymore, so tomorrow night is really important."

They nodded and then spent the rest of lunch chattering about the musical. I tried to focus on seeing my friends, but a little part of me was disappointed not to get to be in the musical. But my friends came first, and that was final.

What?" I cried Thursday morning, nearly dropping my bag. Noelle, Zoe, and I were at the lockers, and they had just given me terrible news.

"I'm so sorry," Noelle said, her face stricken. "I forgot about this special rehearsal, and I have to go."

"And I can't miss the emergency debate meeting," Zoe said.

"But our dinner is important," I said, blinking because I was near tears. They couldn't cancel our dinner tonight. "We never see each other anymore."



I DIDN'T WANT THEM TO SEE THAT
THE TEARS WERE NOW FALLING.

"We'll do something this weekend," Zoe promised. "On Sunday."

Noelle bit her lip. "Um, actually I have—"

I spun around, not interested in hearing about something else that was so much more important than our friendship. "Whatever," I said. "It doesn't matter anyway." I ran to the bathroom across the hall, hoping they wouldn't follow.

I didn't want them to see that the tears were now falling.

Are you OK, Clara?" Lia asked, putting a hand on my shoulder at lunch that day.

I tried to smile, but I couldn't make my mouth work right.

"What is it?" Hema asked, sounding concerned.

"Yeah, we're your Mix-It-Up Lunch group, so you can tell us anything," Jon said in a TV announcer voice, which made all of us laugh—even me.

"Well, it's just," I began, feeling unsure. I usually only talked about my feelings with my friends. But looking around at Hema, Lia, Jon, and Otto, I suddenly realized that's what they were. Over the past few days we really had become friends. So I took a breath and continued. "Remember I told you about the special dinner I was doing with my best friends tonight? They canceled."

"Oh, no," Hema cried sympathetically, while Jon shook his head.

"I'm so sorry," Lia frowned.

"You guys aren't seeing the upside," Otto said. The four of us glared at him in unison.

He held up his hands. "Just saying that now Clara can try out for the musical this afternoon."

Lia looked thoughtful, and a slow smile crept across Hema's face. "He's right," she told me.

"You can."

"And you should," Jon added.

"We'll go together," Lia said enthusiastically. "Say yes!"

I looked at my new friends and grinned. "Yes!"

Noelle and Zoe came to my desk when the final bell rang.

"We wanted to tell you how sorry we

are about tonight,” Zoe began.

“I can’t talk now,” I said, gathering up my stuff. “I’m meeting some friends, and we’re trying out for the musical.”

Noelle and Zoe exchanged a look.

“Really?” Noelle asked.

Hema and Jon waved to me from the door.

“See you later,” I said, rushing to meet them.

I still felt bad about the canceled plans, but I would have to talk to Noelle and Zoe about it another time. Now I needed to get ready for tryouts.

Hema grabbed my arm. “I’m so nervous,” she said as we walked up to Lia and Otto, who were just coming out of their classroom.

“Me too,” I said, giving her arm a squeeze. But I was excited, too.

There were already a lot of students in the auditorium when we got there. We took seats in the second row and listened as Ms. Dunbar explained what we would all read and sing. A couple of fourth-graders went, and then it was Lia’s turn.

“You’ll be great,” I said, as Jon and Otto gave her thumbs-up and Hema pumped a fist.

Lia was amazing and the four of us cheered loudly when she finished.

Then it was my turn. My heart pounded as I walked up the steps of the stage and looked out. It was intimidating but thrilling too.

I took a breath and began. It felt good to be up there performing, and I was grinning when I finished and walked back to my seat. I could hear cheering, and a moment later Noelle and Zoe wrapped me up in a big hug!

“I thought you guys were busy,” I said, breathlessly hugging them back.

“We couldn’t miss your big audition,” Noelle said.

“You were fantastic,” Zoe added.



“And we’ll find another time for our dinner,” Noelle promised. “That is, if you have time now that you’ll be busy rehearsing.” She was grinning, and I grinned back.

Things were changing, but for the first time I realized that it was OK. We’d be friends no matter how much time we spent together. And now that I knew that, I could enjoy doing something of my own, too.

I gave Noelle and Zoe one last hug and then went to cheer for Hema. ★

Meet the Author

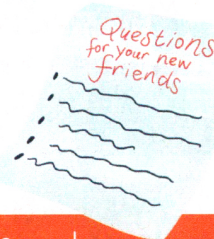
Daphne Benedis-Grab



Age 10

Now

When I was in middle school, I discovered that it was really important to find activities that I loved to do. And that there’s always room for more than just one or two good friends in life!



THIS OR THAT

Would you rather . . .



float around
in a bubble

on a fluffy cloud?

paint pretty rocks to hide
around town

leave cheerful notes for
others to find?

raise tadpoles

butterflies?

eat spaghetti with a
spoon

breakfast cereal with a
fork?

live in a village made of
emeralds

a town made of pearls?

start a softball team

an all-girls robotics team?

shrink so tiny you could
hang out in a dollhouse

grow so huge you could
see above the rooftops?

create a tiny fairy house

a hummingbird habitat?

talk in totally tangled
terms that twist and
tweak your tongue

speak in rhyme, come rain
or shine, morning, noon,
and all the time?

win a pie-baking contest

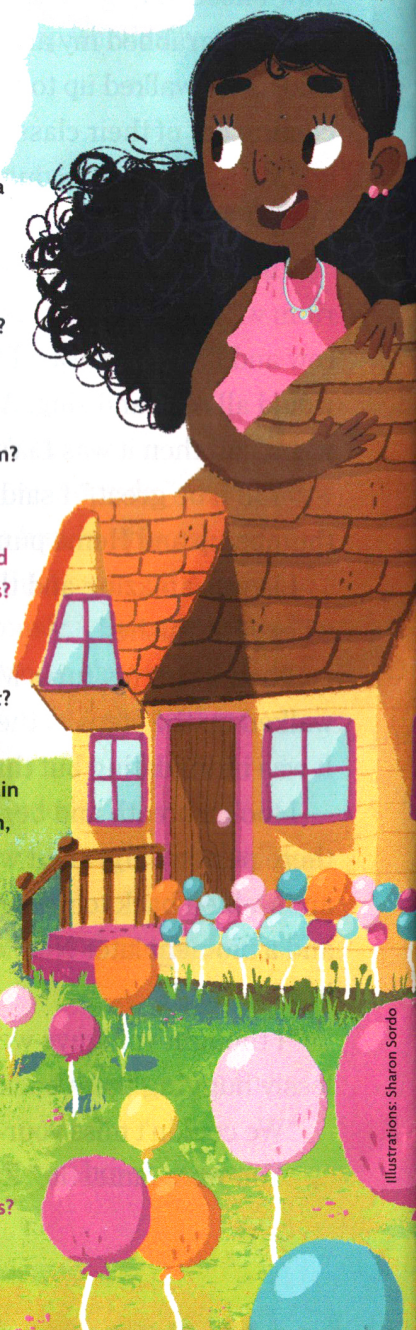
a pie-eating contest?

hike a mountain
made of gumdrops

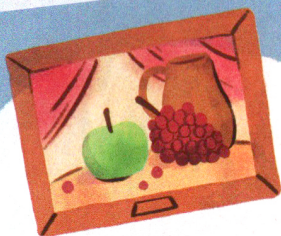
a trail through rock
candy boulders?

plant a garden that grows
pinwheels

bright, colorful balloons?

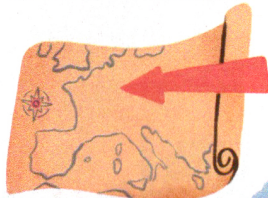


WHO'S THAT GIRL?

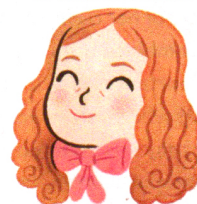


MY STEPFATHER WAS A PROFESSIONAL ARTIST KNOWN FOR HIS STILL LIFE PAINTINGS. HE ENCOURAGED ME TO PAINT TOO!

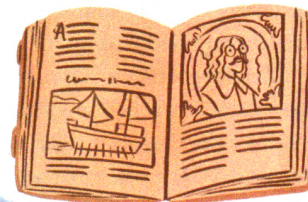
I WAS BORN APRIL 2, 1647, IN PRESENT-DAY GERMANY.



I WAS THE YOUNGEST OF NINE CHILDREN.



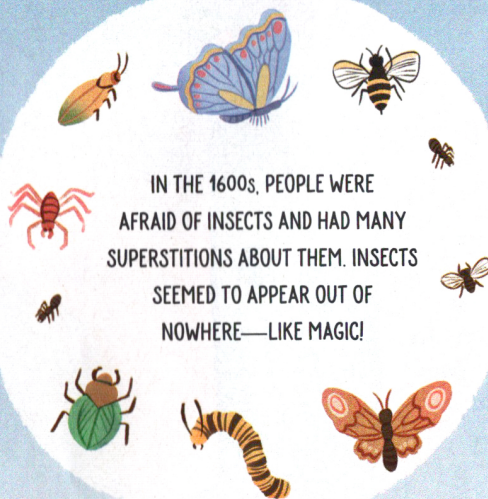
MY FAMILY OWNED A PUBLISHING AND PRINTMAKING COMPANY THAT SOLD ILLUSTRATED BOOKS AND ENGRAVED MAPS.



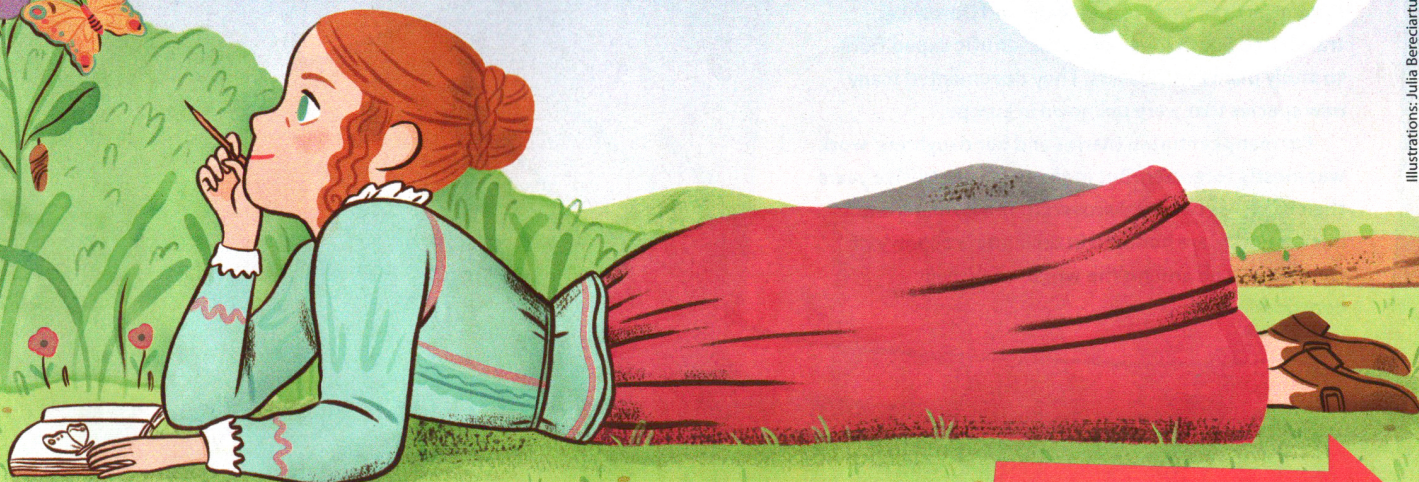
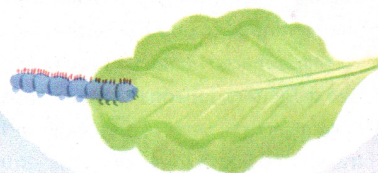
I LOVED TO SPEND TIME OUTSIDE DRAWING, PAINTING, AND COLLECTING PLANTS AND BUGS FOR MY COLLECTION.



IN THE 1600s, PEOPLE WERE AFRAID OF INSECTS AND HAD MANY SUPERSTITIONS ABOUT THEM. INSECTS SEEMED TO APPEAR OUT OF NOWHERE—LIKE MAGIC!



I WASN'T AFRAID OF INSECTS. I WANTED TO LEARN ABOUT THEM, ESPECIALLY CATERPILLARS AND BUTTERFLIES! I RAISED CATERPILLARS IN HOMEMADE HABITATS AND FED THEM LEAVES.



TURN THE PAGE TO DISCOVER WHO I AM!



SHE'S... MARIA SIBYLLA MERIAN

PAINTER & ENTOMOLOGIST

Maria Sibylla Merian never outgrew her love of art or her curiosity about science. Instead, she combined both interests to become one of the most important scientific illustrators and entomologists (scientists who study insects) of her time. Before photography was invented, illustrations like Maria's helped people learn about plant and animal life.

In the seventeenth century, it was unusual for a woman to be an artist or a scientist. Maria's stepfather, however, noticed her talent and taught her to paint. By the time Maria married and had children, she was a successful watercolor artist. To earn money for her family, Maria gave art lessons to girls from wealthy families. During these lessons, she spent time painting in the beautiful gardens of her students' homes. Unlike other artists of her time, Maria painted plants and insects while they were still alive and in their natural habitats. As a result, her artwork revealed new discoveries and details.

One of the most important things Maria studied was metamorphosis. Metamorphosis is the process of a living thing changing from one form to another. Maria made detailed drawings of the whole process. She showed how butterflies and moths (along with flies and beetles) transform from an egg to a larva to a pupa to an adult. When she was twenty-eight years old, she published her first book of scientific illustrations. She continued to publish for the rest of her life.

Maria shared her love of art and science with her two daughters, Johanna and Dorothea. They also became artists. Later in life, Maria and Dorothea traveled to South America on a scientific expedition to study plants and insects. They documented many new species that were unknown in Europe.

For many centuries, Maria's and her daughters' work was mostly forgotten. But in the past twenty-five years their work has been rediscovered. Today, Maria and her daughters are honored in their home country of Germany—and around the world—for their contributions to science.

✂ Posters Carefully cut along the dotted lines to remove your posters. ★



HOLD YOUR HEAD HIGH

★ American Girl®

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Grow Kindness

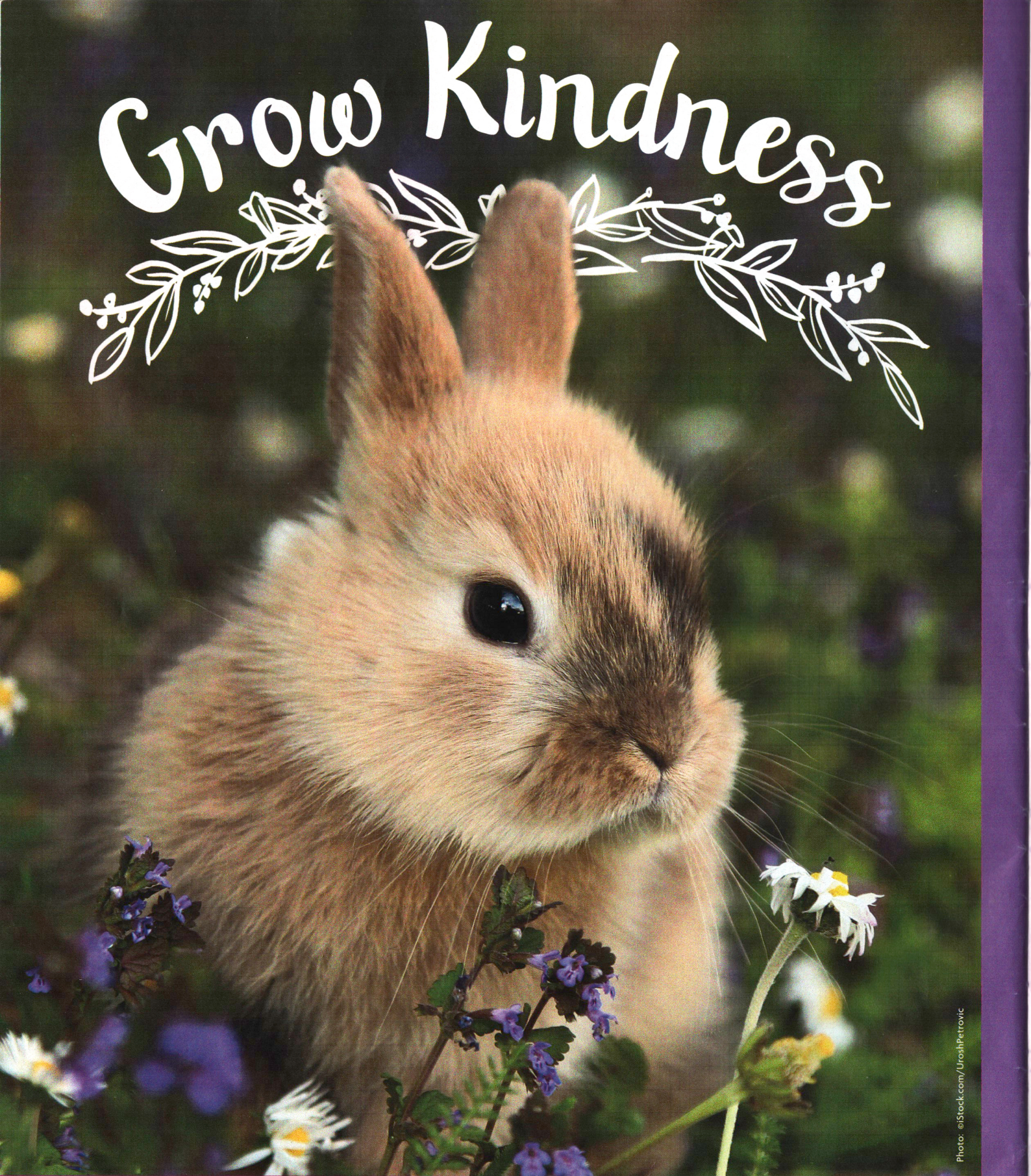


Photo: ©iStock.com/UroshPetrovic

She's a star! And I'm not.



Dear American Girl,

My friend and I are in a play together, and she got a bigger role than I did. Now she acts like she is better than me, and it hurts my feelings.

I thought we were friends!

bigger part

Don't let your friend's leading role cast a negative light on your part in the play. Is it possible you're mistaking her excitement for being center stage as her being better than you? If so, remember that supporting her and helping her to shine is part of being a good friend. Find ways to work together, like practicing your lines or dance steps, to make the play better. And spend time getting to know the other cast members, too—you could make a few new friends. Remember, this play will end, but your friendship will continue.

Dear American Girl,

My room is tiny, and my little brother's room is huge. I don't like my room, and I don't know what to do.

I hate my room

Unless your parents are ready to make a sibling room swap, your space isn't likely to grow anytime soon. Instead of hating your room, make the best of what you already have. Clear out clutter—toys, clothes, decorations that you no longer need, want, or use. Work with a parent to come up with creative storage ideas, such as under-the-bed bins for shoes and out-of-season clothing, wall shelves for quick access to games and books, and organizers for your closet and drawers. You probably have more room than you realize; you just need to find smarter uses of your tight quarters. Keep your room tidy and picked up, and it will feel like a space where you want to spend your time.

Dear American Girl,

I have two best friends. Most of the time we do things together, but sometimes I want to do stuff with other people, too. They always get mad at me. How can I make new friends with these two holding on to me so tightly?

Stuck

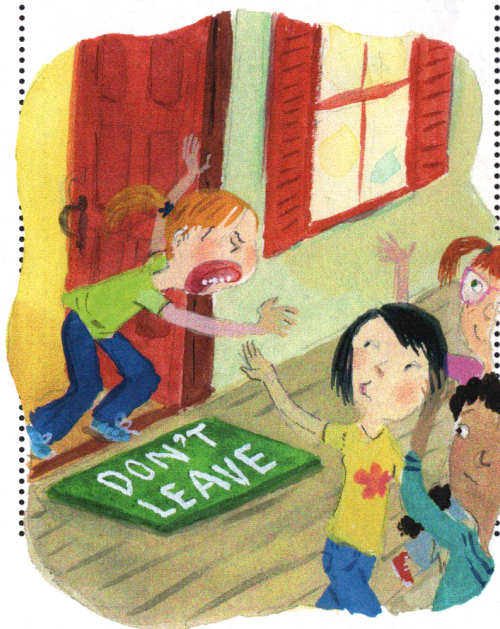
Your besties might not realize it, but the more possessive they are with you, the more you may grow to resent them. When tempers flare, talk it out. Let them know that you have lots of friends, and you care about all of them. If they feel left out, invite everyone to do something as a big group, such as going roller skating, playing together at recess, or having a slumber party. If they're worried they'll lose your friendship, reassure them that having more friends doesn't mean you'll be less of a friend for them. You're not a pie that can be cut into pieces—and your friendship will never run out. There is plenty of friendship to go around for everyone.

Dear American Girl,

I love to have fun playing with my friends, but when the fun is over, I get really sad and don't know how to control my tears. I despise that feeling! What can I do?

Uncontrolled tears

Sometimes it's hard to end a fun time with friends, and it's normal to feel sad when it's over. But don't let tears spoil the good time you and your friends just had. Set a timer for fifteen minutes before your friends need to leave so that you have time to set a date for your next get-together. Remember, more fun is always ahead!

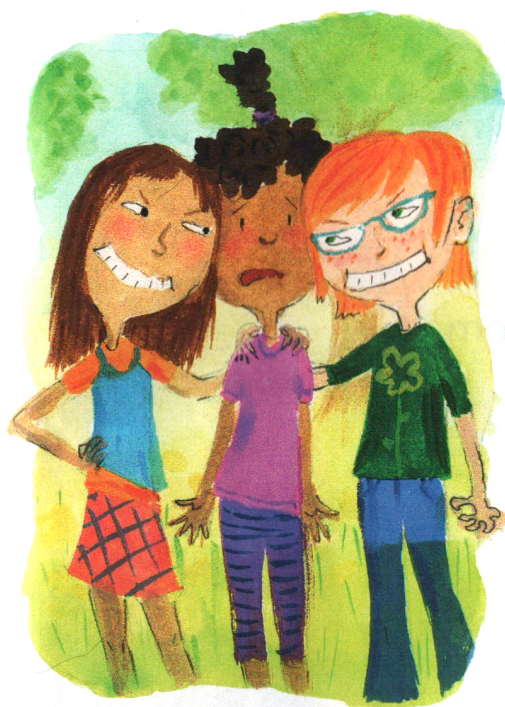


Dear American Girl,

I get a little bit of money each week, but after saving it for a few weeks, I'll spend it all at once. I want to save my money for something bigger, but I don't know how.

help me save money

It's great you're saving for something bigger, but don't forget to have fun now and share with others, too. Instead of stashing away all your weekly money into a hands-off piggy bank, split up your savings into three accounts: Now, Share, and Later. The "Now" fund allows you to have a little extra spending money when you go out with your friends. The "Share" fund is for giving to others, such as charities. The "Later" fund is for saving for a bigger purchase goal. It might take you longer to save for the big item, but when you finally get to make that big purchase, you'll feel proud knowing that you've learned to manage your money wisely.



Advice from You

Dear American Girl,

I have two friends who fight over me nonstop. When I'm with one, the other gets mad and stops talking to me.

Please help!

friend trouble

Ask both friends to play together so that no one gets left out.

-Maya

Let your friends know how you feel and that it hurts to be around them when they are fighting or mad.

-Lydia

Try playing with someone new and take a break from these girls.

-Rachel

Tell your friends that you are going to take turns playing with a different person every day.

-Audrey

Invite both friends over to your house so that you can all play together. Make sure to tell each girl that the other is coming, though, so that there's no confusion.

-Floey

Try bringing your friends together to talk and come to an agreement about how to play together.

-Elle

Talk to each friend and tell her that you want to be friends with both of them. You could say that when you spend time with one friend, it doesn't mean you don't like the other friend anymore.

-Anissa

If your friends are making you feel bad, you might want to try finding some new friends. Your friends should make you feel good.

-Georgia

Help Other Girls!

I have a neighbor friend who always gossips about other people. Some of the things she says aren't even true! I don't like it, but I don't know what to do.

Gossips

Do you have advice to help solve this problem?
Or do you need advice for solving your own problem?

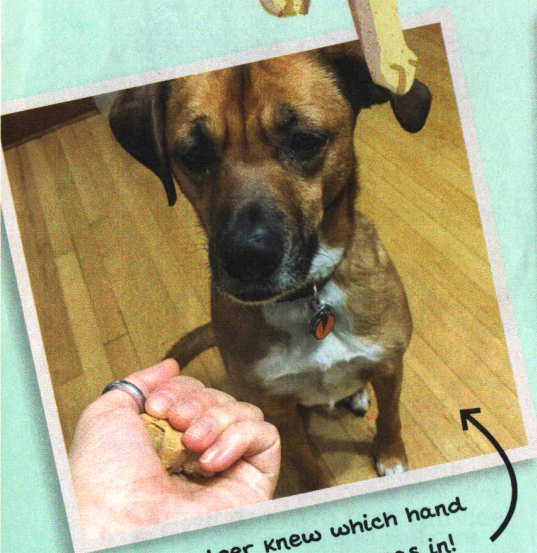
Send letters to:

Help!
American Girl magazine
8400 Fairway Place
Middleton, WI 53562

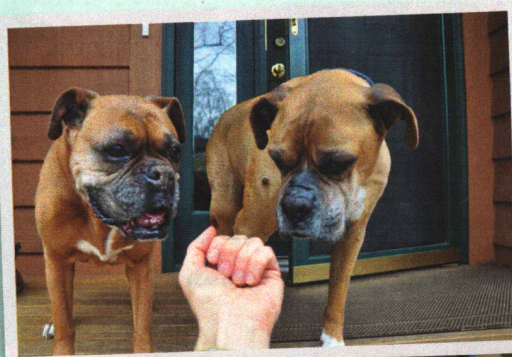
We can't respond to all letters. But we read everything you send!

BEHIND THE Scenes

AG staff tried out the games from
“Tail-Waggin’ Tricks” with
their pups!



Rodger knew which hand
the dog treat was in!



so did moo!

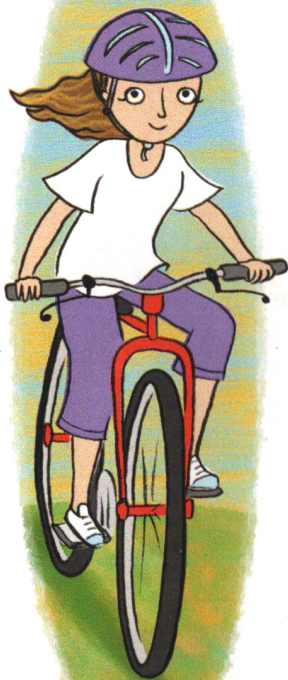


Belfast finally caught
a treat during the
game “treat toss.”



Sherlock
found the
treat during
a game of
“cool cups”!





I am just learning and getting these changes. I don't really know about it yet and it can be a little frightening. What will happen? I'm not very comfortable asking a parent.
—Clueless



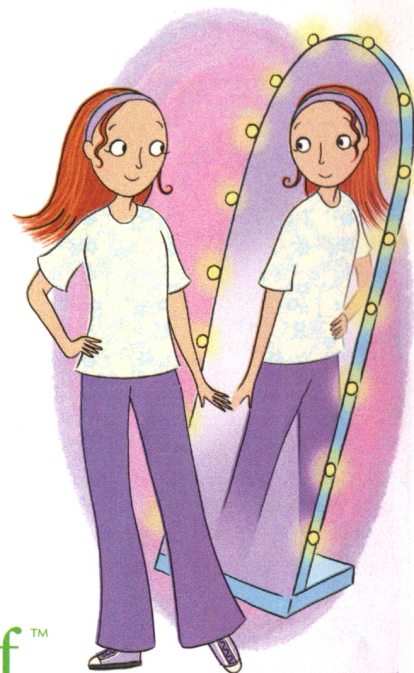
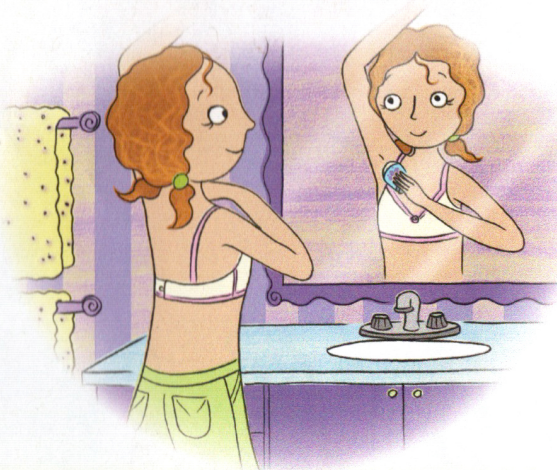
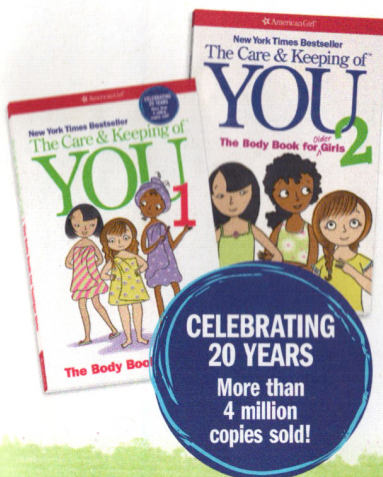
Have questions about your body, emotions, and growing up?
We have answers!



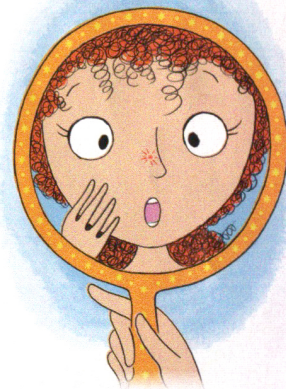
New York Times Bestseller

The Care & Keeping of YOU™

The Body Book for Girls



I am shorter and smaller than all of my friends, and they sometimes treat me like a baby. But I'm not a baby—I'm the second oldest of our group! How do I get them to treat me like an equal?
—Shorty



I think I have acne, but I'm not sure. How do I tell? And how do I get rid of it?
—Monicaahrgo

For years, The **Care & Keeping of You** series has helped answer normal, weird, or sometimes scary questions that girls like you have about their changing bodies. Full of **straightforward advice and real answers**, this bestselling series has your back!

Learn more about The Care & Keeping of You by visiting americangirl.com, American Girl retail stores, a bookseller, or library near you.

Coming up in the next issue of
American Girl magazine!



**Ode
to Summer**

Readers share their
best summertime
poems!

**Vacation
Quiz**

Dream up a
destination just
right for you.

**Colorful
Swirls**

Create beautiful,
marbled paper art.

MOVIE NIGHT

Gather your friends
and watch a movie
under the stars.

AG's ImPAWSibly cute
STICKERS

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